Exploring Opportunities for Digital Wellbeing Measurement

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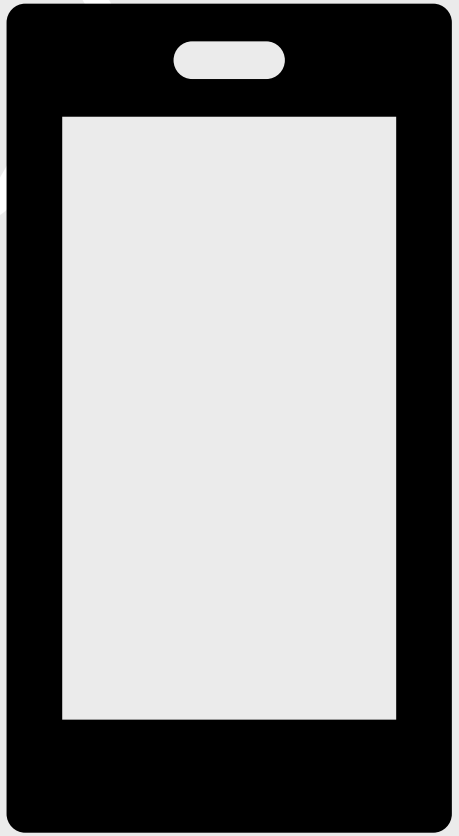
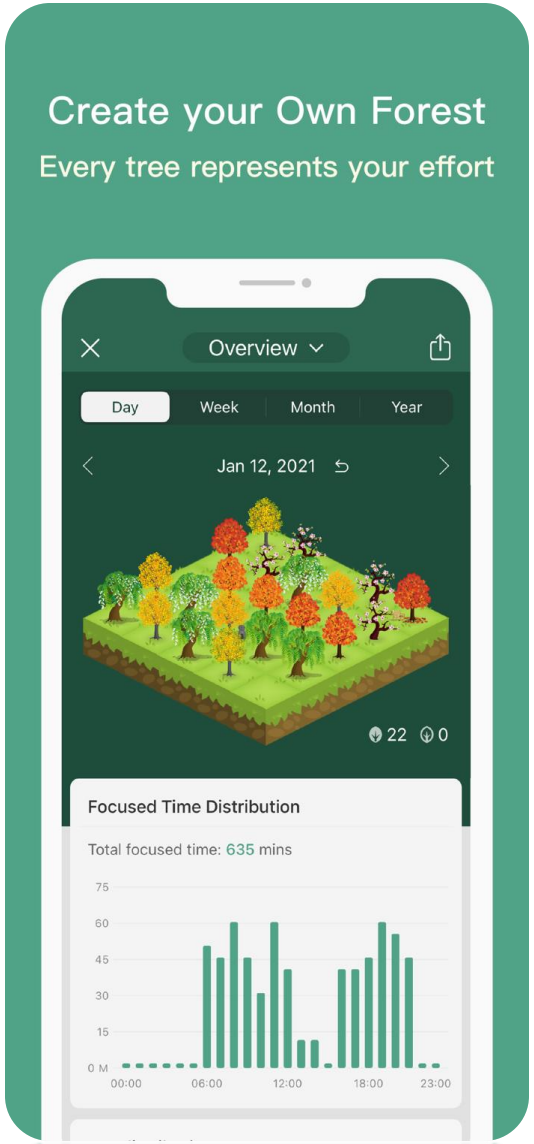


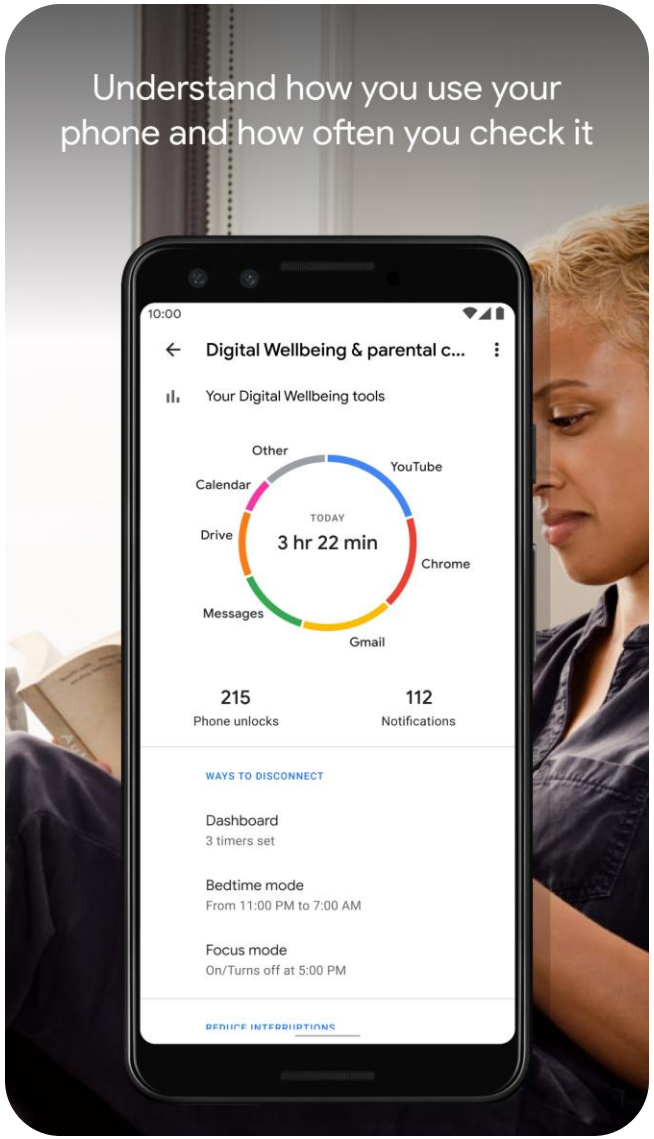
Digital Wellbeing

Digital wellbeing is about finding a balance with technology, that feels right for you.

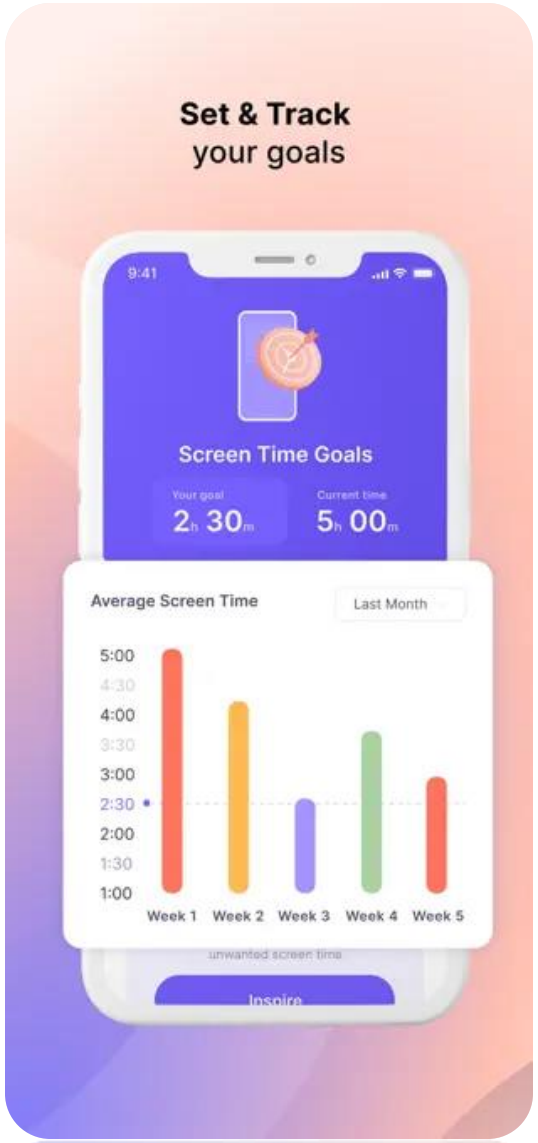
Digital wellbeing considers the impact of technologies and digital services on people's mental, physical and emotional health.



https://foxyapps.co/apps/forest



https://play.google.com/store/apps/details?id=com.google.android.apps.wellbeing&hl=de&gl=US



https://apps.apple.com/de/app/zario-digital-wellbeing/id1611031269

RQ *Do the usage time and perceived benefit of Apps from different categories correlate with digital wellbeing?*

H1 *There will be noticeable differences between different app categories regarding perceived benefit and usage duration.*

H2 *There will be app categories that are used much while being rated as unbeneficial.*

H3 *A positive correlation between perceived app benefit and app usage duration correlates to a better perceived digital wellbeing.*

Procedure

App Categories:
- Messenger
- Organization
- Social Media

Variables:
- Perceived digital well-being
- Perceived bene fit
- Usage time

H1 *There will be noticeable differences between different app categories regarding perceived benefit and usage duration.*

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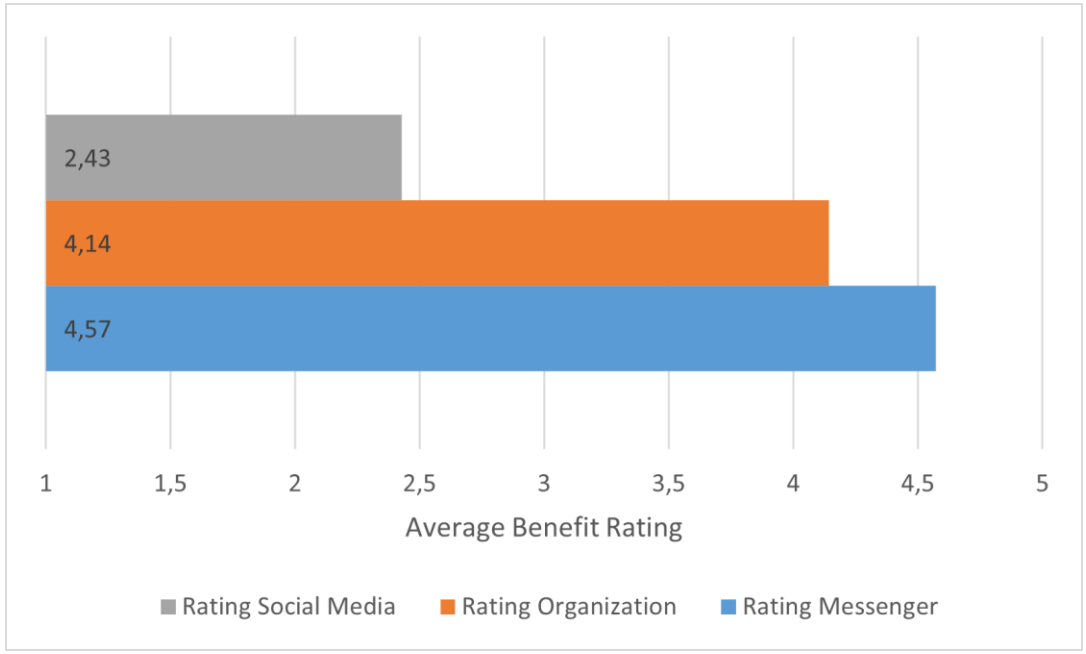
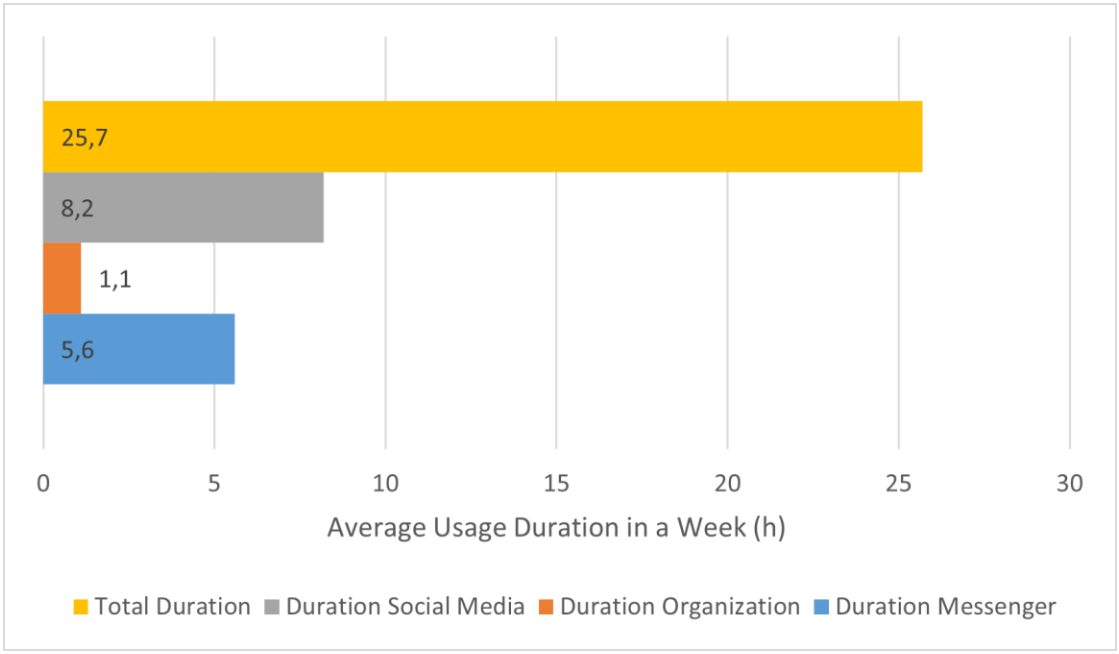

2,43
4,14
4,57
1
1,5
2
2,5
3
3,5
4
4,5
5
Average Benefit Rating
Rating Social Media
Rating Organization
Rating Messenger


25,7
8,2
1,1
5,6
0
5
10
15
20
25
30
Average Usage Duration in a Week (h)
Total Duration
Duration Social Media
Duration Organization
Duration Messenger

H1 *There will be noticeable differences between different app categories regarding perceived benefit and usage duration.*

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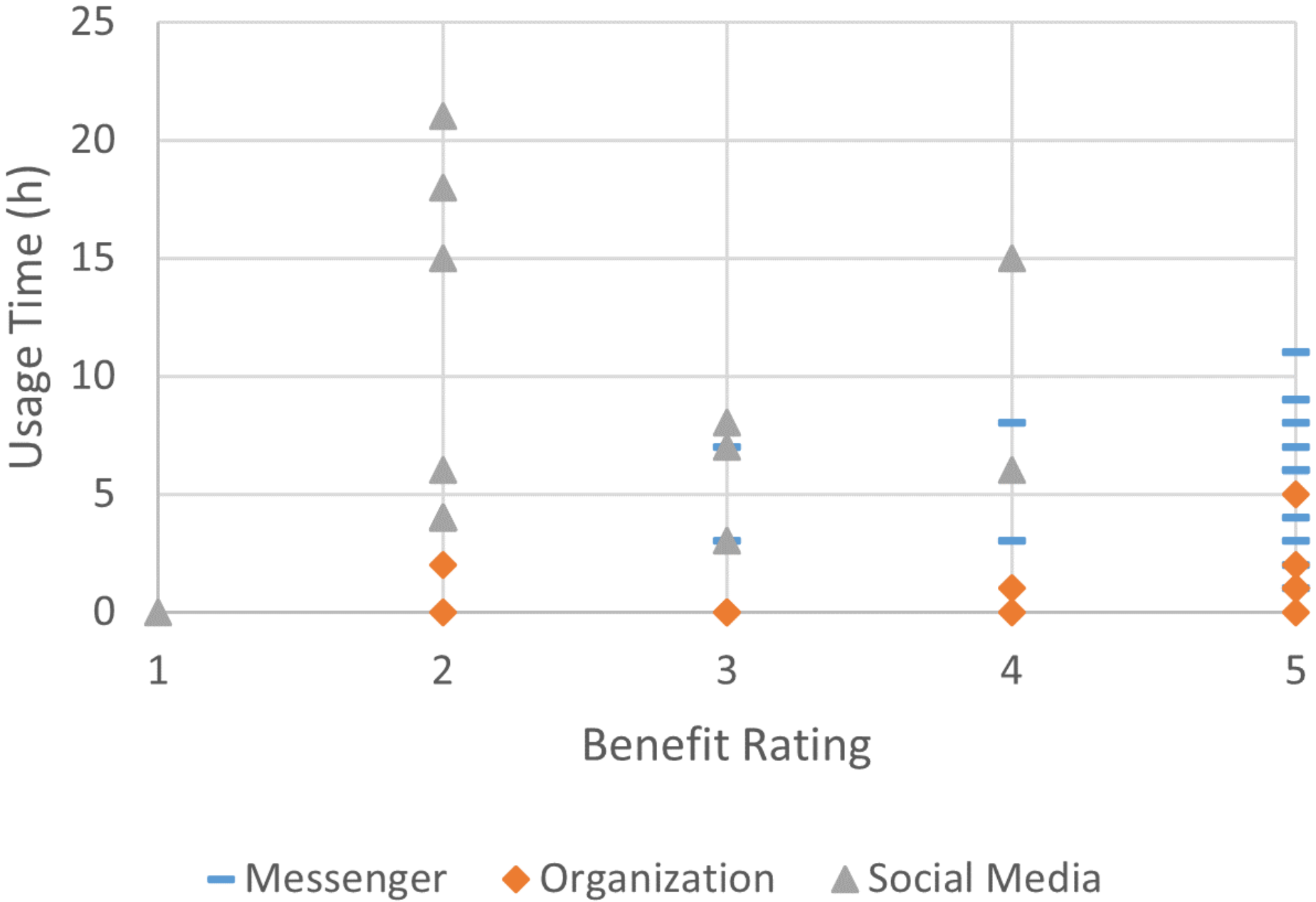
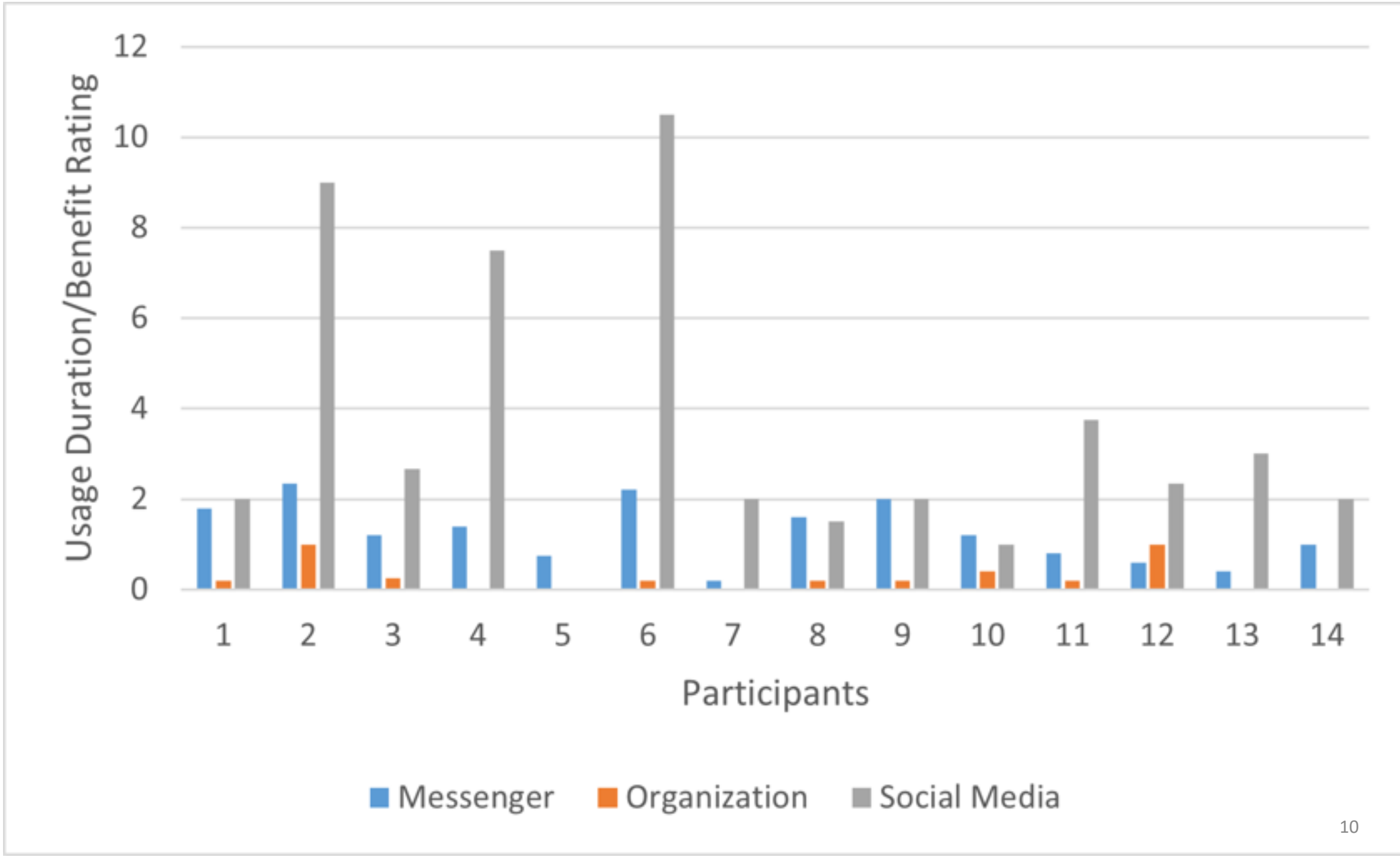

25
20
15
10
5
0
Usage Time (h)
1
2
3
4
5
Benefit Rating
Messenger
Organization
Social Media


Usage Duration/Benefit Rating
12
10
8
6
4
2
0
1
2
3
4
5
6
7
8
9
10
11
12
13
14
Participants
Messenger
Organization
Social Media

H1 *There will be noticeable differences between different app categories regarding perceived benefit and usage duration.*

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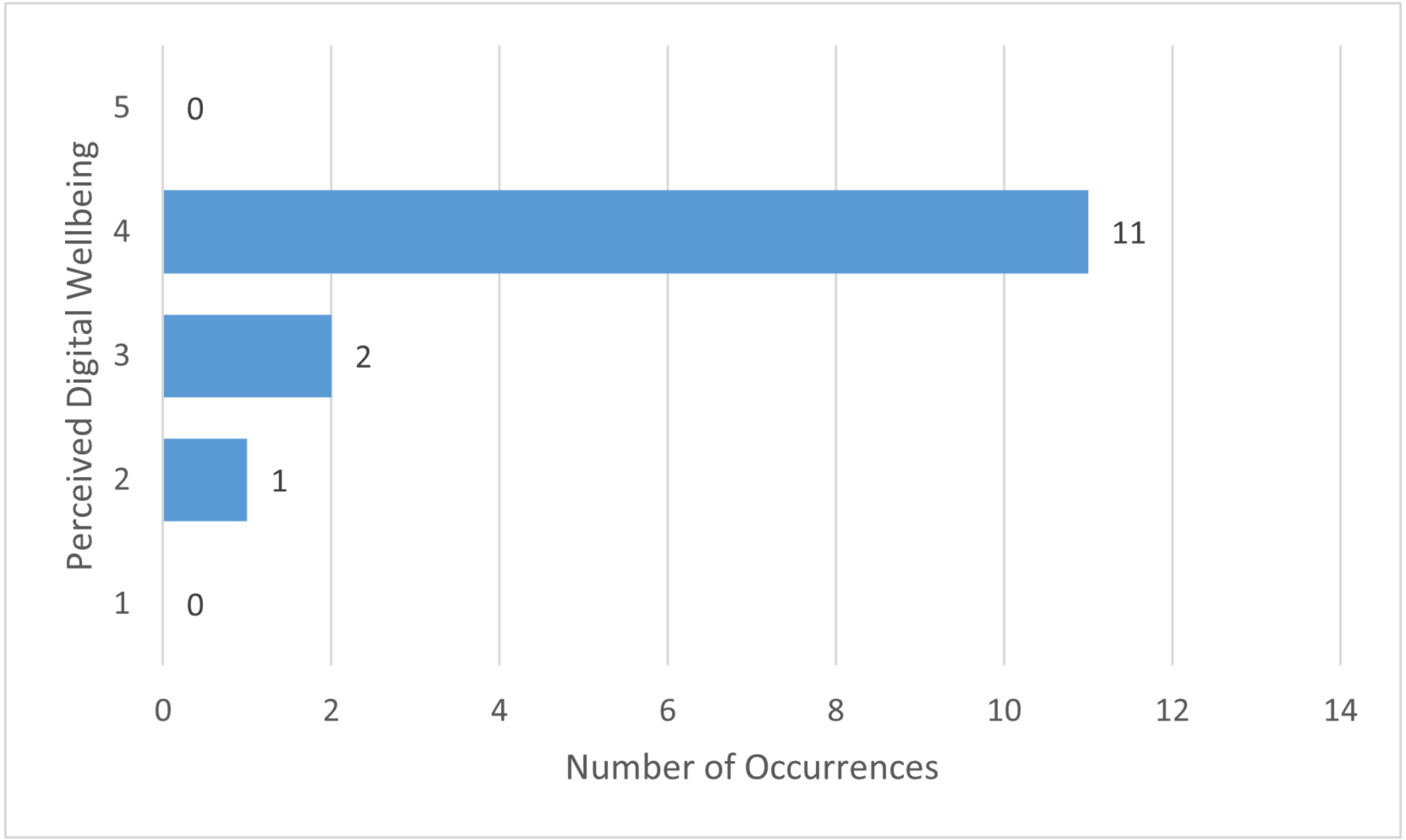
Perceived Digital Wellbeing
5
4
3
2
1
0
11
2
1
0
0
2
4
6
8
10
12
14
Number of Occurrences

Key Take-aways

Digital Wellbeing is not a clearly defined construct

Self-report is not a suitable measurement for digital wellbeing

There are differences in app categories, so they should be treated distinctly